Jessica Balliett

AP Language and Composition

Mr. Lane

16 November 2009

This I Believe: Seeing is Believing

I believe in the colors and falling leaves of autumn. Not only is fall a season that represents togetherness and family, but there are also moments for being alone and reflecting. Fall is unlike every other season in the fact that there is a perfect blend of family, friends, and alone time. More importantly though, autumn is a season where one does not always have to feel alone, even if they actually are.

When I get deeply stressed out, the one thing that can always calm me down is a walk outside. I have always loved to take walks in the fall. The leaves are so comforting with the hue of warm colors they give off, and the temperature is always just right for bundling up without having to become fat from too many layers. Even the noises and sounds all come across crisper and cleaner through the chilled air. Although the living surroundings of trees and plants are slowly dying, everything is peaceful.

However, life is not any more perfect in autumn when compared to winter, spring, or summer. In fact, all of these characteristics do not make autumn any better of a season than the others. Stressful situations still arise and bad days could be lurking around any corner. The difference between fall and the other seasons is simply that there is more warmth, love, comfort, and healing. One’s problems will still exist, but the acuteness and sharpness of them will not be as pungent.

Since autumn can provide a type of relief or calmness, the different characteristics of the season are almost like a source of meditation. All one really needs to do to find a sense of hope, inspiration, or stability is look around. The warm colors represent affection and kindness. There are no biting or taunting shades to be found. There are no cold or depressing tones. There are only the colors of red, orange, and yellow, which in the both the artistic and literal world, mean warmth.

If one listens, he or she can hear the sound of silence. The silence of autumn does not necessarily, and usually does not, mean absolute quiet though. The silence of autumn signifies the rustling of the leaves, the flowing of water, a slight howling of the wind, or even a crunch a foot makes when it hits the ground. These sounds are straight and crisp. The sounds of autumn are able to balance with the layered colors of the leaves and create scenery with more equilibrium.

All of these attributes that autumn has to offer create feelings of peacefulness and satisfaction. While each individual factor of autumn is enjoyable, all of these things combined make the season stand out. Whether taking a walk or staring out a window at the view, the season of autumn is a time of relaxation and a source of free therapy.